### Rheumatism? Here **Are Some Real Facts**

How to Overcome the Torture Without Harmful Drugs.



vercome the worst forms of rhenma-

This disease of the bised is little under-stood because of its strange symptoms scarrely two people having it exactly alike. And ret, no matter what its form or how painful and distressing, S. S. seems to have almost a divine influence in driving it out releasing the nerves from path and clear-ing the joints and muscles so they work with-out restraint. The best explanation for this happy result is the fact that in S. S. S. are certain ingredients which act as an antidate. They are nature a providence to man.

rettain ingredients which act as an antidote. They are nature's providence to man.

Just as the means, fairs salts and sugars of ear daily food provide us with neutrisiment, as does S. S. S. give to the blood the exact medicinal requirement to clear the stream, drive out impurities and reconstruct the body if destructive germs have gained a foothold. Go to any drug store today and got a bottle of S. S. It will do you good. But he sure to refuse any and all substitutes. And if yours is a stubborn case, write to the Medical Adviser. The Swift Specific Co. 109 Swift Bldg. Atlanta, Ga. This department is presided over by a physician proud of his mane by virtue of his distinguished family and a foremost doctor on his own merits. and a foremost doctor on his own merits.

#### LABOR DEPARTMENT TO AID TEACHERS

its efforts to be of the greatest trates. services to the people of Oklahoma, has decided to take up the matter of reliable teachers may be secured through the medium of the state labor department.

It is well known that many thou-

## Rexall Orderlies

headache, biliousness, piles and bad breath are usually caused by mac bowels. Get a box of Rexall rlies. They act gently and effec-Get a box of Rexall tively. Sold only by us at 10 cents. Ringer Drug Co.

Your Shoes Half Soled for 65 CENTS Ladies' 60 cts. Children's 50 cts. Z. T. FINLEY At Hall's Furniture Bldg. Caddo St

We Sell Cheap FOR CASH

> Seeds and Seed Potatoes Onion Sets

High Grade Canned Goods Oleomargarine

Staple and Fancy

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TIME TABLE NO. 5

West-Bound			East-Bound	
3	1		2	4
Mixed	d Pas'	er 1	Mixed	Pas'g
Lv.	Lv.		Ar.	Ar.
PM	A.M.		A.M.	P.M
2:30	7:00	Ardmore	11:35	6:4
2:35	7:04	W. Ardmore	11:30	6:46
3:15	7:30	Lone Grove	10:50	6:1
4:05	8:05	Wilson	10:10	5:48
4:45	8:40	Ringling	9:20	5:10
P.M	A.M.		A.M.	P.M
Ar.	Ar.		Lv.	Lv.

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sands of dollars are spent annuall by the teachers in securing positions brough "paid teachers' agency" in Oklahoma, and with the co-operation of those who employ them, the department feels confident that this money can be saved and we are not tive that ay competent and reliable people can be secured as is possible to get through any other agency.

The labor department is assured the hearty co-operation of the state department of education, and the method used in filing the applications and the thorough manner in which he references are looked into, gour antee the reliability of persons sent our by this department.

Following is a quotetion from circular issued by a "poid reachers agency," and is self-explanatory

The commission of five per cen of the compensation for one calendar year is the same for all positions that are presumably permanent. If a teacher is employed as a temporary appointee for a specified time, less than one year, seven per cent is the If such are pointment leads to a bermadency, the amount on which commission has been paid as a temporary appointed

Rhenmatism is a disease character-The most common forms Acute and Chronic Rheumatism matism and Lumbago. All of these types can be helped absolutely by ap-The state department of labor, in plying some good liniment that pene-An application of Sloan's Liniment two or three times a day to the ash has been found in deep borings affected part, will give instant relief. Sloan's Liniment is good for pain, and employment of school teachers within especially Rheumatic Pain, becauses the state, and to that end, a teachers' it penetrates to the seat of the trou free employment bureau has been es. bie, soothes the afflicted part and tablished and a thorough system put into effect of the trough system put all medicine." Get a seat of the trough the seat of the trought and the seat of the seat of the trought and the seat of the s into effect, whereby competent and Keep it handy in case of emergency.

BERWIN SCHOOLS.

Last Saturday evening, Mrt. H 3 Suggs very delightfully entertained ier daughter. Alliene, w a a party in honor of her thirteents birthday The home was attractively decorated with jonguils and ferns,

Those present were Alliene's classmates of the seventh and eighth grades.

After various contests and games were enjoyed by all, they were ushered into the dining room, where they were served dainly refreshments.

The teachers of the Herwyn public chool are preparing a play and other interesting numbers for the last of school. May 21.

Baseball, basket ball and other va rious forms of athletics; are in vogue. reat interest along all lines is bein

Herwyn reports, and is very proud of her fifteen eighth grade pupils and especially of her seven High chool graduating pupils. Those in the High school graduating class are: Mamie Murry, Ruth Murry, Mae Hammel, Zelda Brock, Mande Telford, Edwyn Suggs, Willie Wallis,

# MEAT GAUSE OF

Take Salts to Flush Kidneys if Back Hurts or Bladder Bothers.

If you must have your meat every day, eat it, but flush your kidneys with salts occasionally, says a noted authority who tells us that meat forms uric acid which almost paralyzes the kidneys in their efforts to: expel it from the blood. They become sluggish and weaken, then you suffer with a dull misery in the kidney region, sharp pains in the back or sick headache, dizziness, your stomach sours, tongue is coated and rheumatic twinges. The urine gets cloudy, full of sediment, the chanthree times during the night.

To neutralize these irritating acids, to cleanse the kidneys and flush off the body's urinous waste get four ounces of Jad Sales from any pharmacy here; take a teaspoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salts is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to flush and stimulate sluggish kidneys, also to neutralize the acids in urine, so it no longer irritates, thus ending bladder weakness.

Jad Salts is inexpensive; cannot inure, and makes a delightful efferescent lithia-water drink.

## POTASH FOUND INWEST TEXAS

UNIVERSITY ISSUES AN ENCOUR-AGING BULLETIN - SAYS PRO-DUCT IS REVEALED IN TWO

Austin, Tex., April 8 -The bureau r economic reology of the University of Texas calls attention to the tion causes wind which distends the announcement of negotiations with Germany in the morning papers in regard to the importation of potash we import about \$10,000,000 worth a these foreign elements - acid and year. There are no domestic sources, but it is said that Armour & com- ach difficulties—the first and only pany are to build works in Utah or step necessary is to neutralize the Wyoming for the extraction of potash acid and stop the fermentation by from a mineral known as alumite. This is a mixture of the sulphates of potash and alumina and contains sia, which is doubtless the best and from 9 to 11 per cent of potash.

"The bureau of economic geology and technology, University of Texas, has now in press a bulletin on pot ash in the Texas permian, prepared by Dr. J. A. Udden, geologist for the bureau. It is thought that this publication can be issued within the next two weeks and copies can be Rheumatic Headaches, Sciatic Rhew obtained from the bureau free of cost It describes a very encouraging situ ation in Potter and Randall counties where a much 'arger amount of pot 875 to 1,700 feet, than has been reported from any such borings any where in the United States,

have been found not only in brines but as a solid material closely assocase in Germany. The two wells in which the potash salts have been found are about thirty-five miles apart, one of them being twenty in Potter county, and the other in Randall county, sixteen miles south west of Amarillo.

'It is yet too early to say whether workable beds of potash salts do occur in Texas, but from the information at hand it seems probable 'The commercial importance of the matter is evident from the fact that during the five years ending with 1913 we imported from Germany about \$50,000,000 worth of potash salts,

nearly all for fertilizing purposes."

## Effect of Great Kidney Remedy is Soon Realized

I feel it my duty to let you know shat Swamp-Root did for me. I was bothered with my back for over twenty years and at times I could hardly ably the best as well as the oldes 1 read your adver tisement and decided to try Swamp-Root. Used five bottles, and it has been five years since I used it, and I have never been bothered a day since device is to place them in large took the last bottle of it. thoroughly convinced that Dr. Kilmer's Swamp-Root cured me would recommend it to others suffer-

My husband was troubled with kid-This was about five years ago. You may publish this letter if you

Very truly yours, MRS MATTIE CAMPIELD, R. F. D. No. 3 Gobleville, Mich Subscribed and sworn to before me

this lith of July, 1909. ARVIN W. MVERS, Duren Co., Mich.

Letter to Dr. Kilmer & Co., Binghamton, N Y.

Prove What Swamp-Root Will Do For You.

Send ten cents to Dr. Kilmer & Co., Binghampton, N. Y., for a sample size when the weather is bad you have bottle. It will convince anyone. You cloudy, full of sediment, the chan-nels often get sore and irritated and mention the Ardmore Daily Ardobliging you to seek relief two or moreite. Regular fifty-cent and onedollar size bottles for sale at all drug

Yukon in Fifth Place.

A government survey resulted in ranking the Yukon river in fifth place among the great streams of North

Whole Family Dependent. Mr E. Williams, Hamilton, Ohio 'Our whole family depend on Pine l'ar-Honey." Maybe some one in your family has a severe Cold-perhaps it is the baby. The original Dr. relief. Pine-Tar-Honey penetrates the lifnings of the Throat and Lungs, destroys the germs, and allows Nature to act. At your druggist, 25c. to act. At your druggist, 25c.

# **HOW TO PREVENT**

AND FOOD FERMENTATION

By a Stomach Specialist. As a specialist who has spent many

ears in the study and treatment of stomach troubles. I have been forced the conclusion that most people no complain of stomach trouble po sess stomachs that are absolute healthy and normal. The real trouble that which causes all the pain and dif ficulty is excessive acid in the stom ach, aggravated by food fermentation Hyperacidity irritates the delicate lin ing of the stomach and food ermenta stomach abnormally, causing that bloated feeling. Thus both acid and fermentation interfere with and retard the process of digestion. The stom "Germany is our sole sup- ach is usually healthy and normal, but proceeds the statement and irritated almost past endurance by In all such cases-and they comprise over 90 per cent of all stom taking in a little warm or cold water immediately after eating, from one to two teaspoonfuls of bisurated magne only really effective antacid and food corrective known. The acid will be neutralized and the fermentation stopped almost instantly, and your stomach will at once proceed to digest the food in a healthy, normal manner. Be sure to ask your druggist for the bisurated magnesia, as I have found other forms atterly lacking in its pecultarly valuable properties.—F. J. G. Bomar Drug Co., F. J. Ramsey, T. N. Coleman, Rexall, can supply you.

> PROTECTION AGAINST CLOTHES MOTHS

Washington, April 9.- The various substances used to keep away moths. such as tobacco, camphor, naphthalene cones or bails, tarred paper, and cedar chips have no effect if the eggs are already present in the cloths, and entomology specialists in the United States department of agriculture therefore recommend a thorough beating, shaking, and brushing of all articles likely to attract moths. before they are laid away for the s especially important in order to remove eggs which may have escaped notice. If the articles are guite free from eggs or larvae when laid away, the odor from the various repellents already mentioned or from edar chests and wardrobes will keep the moths away. ever, lessens with age, so that the protection it affords is greatly decreased after a few years. For this reason when furs and other valuable garments are wrapped in tarred pa per or placed in sacks of tarred paper these containers should be renewed is in every drug store in the land every year or two.

affect only articles which are put the first and only corn cure ever away and left undisturbed for some little time. Apartments and closets are not apt to be seriously affected In fact airing and sunlight are prob remedies. Where circumstances dehowever, a convenient and effective pasteboard boxes such as tailors us and gum a strip of wrapping paper around the edge so as to seal up the box completely and leave no cracks If the garments have been ney and bladder troubles, and he took thoroughly cleaned before being plac your Swamp-Root and it cured him. ed in these boxes, no additional proed in these boxes, no additional protection is necessary and there is nonof the objectionable odor which is characteristic of so many moth repellants

For valuable articles the safest plan is to place them in cold storage. Notary Public, for Van the larvae of the clothes moth will resist for a long time low temperathe alteration of low and high temstorage companies submit their goods temperature from about 18 degrees F. to 40 or 50 degrees. Fahrenheit After this preliminary treatment, they information, telling about the kidneys to degrees Fahrenheit. Any lower temperature is needless expense.

A Cure for Sour Stomach. Mrs. Wm. M. Thompson, of Battle Creek, Mich., writes: "I have been troubled with indigestion, sour stomach and bad breath. After taking two bottles of Chamberlain's Tablets I am These tablets are splendidwell. none better." For sale by all dealers certain ailments he gets relief. People

The spring poet instead of the yaller-legged chicken is the real harbinger of spring.

Stomach Trouble Cured. Mrs. H. G. Cleveland, Arnold, Pa. "For some time I suffered writes. Bell'sPine -Honey is an ever ready from stomach trouble. I would have New Discovery today. ousehold remedy-it gives immediate sour stomuch and feel bloated after

## Notice to the Public!

## ... Avoid Arguments and Rejections...

On and after Monday, April 5th, 1915, the following rule will be strictly enforced by all three picture shows in Ardmore:

All children between the ages of 5 and 12 years must have 5-cent tickets. Children over 12 years must pay 10 cents. If not holding tickets as specified, they will be refused admission to our theatres.

THEATORIUM (Signed) R. Helbach & Son.

MAJESTIC THEATRE, McIntyre & Cox.

ROYAL THEATRE. Harry Lowenstein.

COMMISSION TO HURRY CAPITOL CONSTRUCTION

Oklahoma City, April 8 .- A meet ing of the state capitol commission was held today and will continue tomorrow. It is the desire of Governor Williams and members of the commission recently appointed by him that the construction be pushed as rapidly as may be to the end that the building be ready if possible for the 1917 meeting of the legislature Members of the unofficial commission were here to the number of E'X. only one being absent.

Joseph Huckins Jr. of this city was elected chairman of the commission, H. W. Gibson of Muskogee, vice chairman, and E. S. Vaught of this city, secretary. Other members are Tom Hale of McAlester, E. K. Gaylord and F. M. Pirtle of Oklahoma City and S. W. Hogan of Cashion. Before this meeting shall adjourn it is likely that steps will be taken to expedite the capitol consrtuction.

The seven unofficial members of the commission are leading business and serve without pay, having been urged by Governor Williams to accept service in behalf of the state. Three of them are republicans.

## SWISH! CORNS GONE!

2 Seconds, 2 Drops - Corns Vanish! For everybody with corns, there one of the real wonders of the world general moths are likely to and that's "GETS-IT" for corns! It's known that removes any and every

es, I Used 'GETS-IT."

corn or callous without fail, without fussing with thick bandages, toe harnesses, corn-swelling salves, irritating ointments. It's applied in 2 seconds done, the corn shrivels up, your corn tures if these are uniform, but that agony ends and the corn leaves for-All the limping, the pains that peratures quickly results in death dart to your heart's core, the cruci-It is recommended therefore that fixion of having to wear shoes over to two or three changes, varying the poison from making them bleed by using knives, razors and scissorsare gone at last! "GETS-IT" is the new way, the sure, simple, painless will also receive a booklet of valuable should be kept permanent at about way. Try it for corns, callouses, warts and bunions.

> "GETS-IT" is sold by druggists everywhere, 25c a bottle, or sent direct by E. Lawrence & Co., Chicago.

MAN TAKES HIS OWN MEDICINE IS AN OPTIMIST

He has absolute faith in his medicine, he knows when he takes it for who take Dr. King's New Discovery for an irritating Cold, are optimiststhey know this cough remedy will penetrate the linings of the throat, kill the germs and open the way for Nature to act. You can't destroy a Cold by superficial treatment-you must go to the cause of the trouble. Be an optimist. Get a bottle of Dr. King's

The man who advertises his wares After is the man who gets more than his share of business.

## Caddo Barber Shop

Cor. Broadway and Caddo sts. SHAVE .10 HAIPCUT .25 Hours 7 a.m. to 9 p.m.

## MOTOR CAR SERVICE

Calls in City or Country made Promptly. If We take you there you will GET BACK Phone 251

L. C. SLAUGHTER, Proprietor

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Pack, crate and store anything. You don't have to wait on us; We are waiting for you

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